



## FILE SYSTEM AND FILE MANAGEMENT METHOD

A file system and a file management method, the file system is created on a storage medium and is composed of a data region for storing actual file data; and a meta-data region for storing mark data used for mapping between physical data and logical data, characterized in that a unidirectional link table of the physical positions for the data of each actual file in the data region is stored in the meta-data region, so that the data for each actual file has a unique combination, and actual files are managed by storing in a database an index address of physical storing region of each unidirectional link table. The file management method includes reading data from a metal-data region to form a database file, and accessing the database file to get an index address of a unidirectional link table for managing the actual files.